

# Summer Squash, Italian Style

**Makes:** 4 servings

## Ingredients

**2 tablespoons** vegetable oil  
**1** summer squash (large, thinly sliced)  
**1 tablespoon** water  
salt and pepper (optional, to taste)  
**1 teaspoon** sweet basil, fresh  
**6 tablespoons** Parmesan cheese or Romano cheese (grated)

## Directions

1. Using a large, ovenproof frying pan, heat 1 Tablespoon of oil to medium high.
2. Arrange squash in pan, add water and season lightly with salt, pepper and basil.
3. Cover and cook over medium heat for 5 minutes, or until tender crisp.
4. Sprinkle with cheese and drizzle with remaining oil. Place under a preheated broiler and broil until cheese melts and browns slightly.

**Tip:** Add cut up fresh tomatoes, green peppers, green beans, eggplant, onions, or other vegetables in season.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>110</b>	
Total Fat	9 g	14%
Protein	4 g	
Carbohydrates	4 g	1%
Dietary Fiber	1 g	4%
Saturated Fat	2 g	10%
Sodium	115 mg	5%